



## Food nutrition for children!

Lunchtimes are important too 😊

So what are good things we can incorporate into our lunch boxes to ensure we get a healthy balance of goodness?

### Iron

Girls, especially, are at risk of being low in this mineral, so include plenty of iron-rich choices like lean meat, dark green leafy veg, dried fruit like apricots, as well as chickpeas, lentils and beans.

### Zinc

Growing kids need this mineral, especially as teens, so include good sources like lean beef, eggs, legumes like chickpeas, lentils and beans, Brazil nuts and almonds (taking into consideration your child's school guidelines about nuts) as well as seeds including pumpkin and sesame.

### Omega-3 fatty acids

These all-important fatty acids keep the brain well-oiled and help to establish healthy, balanced hormones. Try oily varieties of fish including salmon, tuna, sardines, trout and mackerel. Alternatively, for vegans and vegetarians look to chia seeds, flaxseeds and walnuts (depending on school guidelines about nuts - almost all schools are nut free environments now).

### Snacking

Teens love snacking so pack handy nibbles like homemade popcorn flavoured with chilli or paprika instead of salt or sugar. Check out our healthy snack recipe collection for more ideas at

<https://www.bbcgoodfood.com/recipes/collection/healthy-snack-recipes>

## **What to avoid in your lunchbox**

### Empty calories

Swap the likes of fizzy drinks and squash for yogurt-based smoothies, 100% fruit juice or plain water.

Chocolate and sweets, keep these as an occasional treat to help control the sugar in the diet and also keep the dentist happy!